

Carlos and Clarice

Mooove to Lowfat Milk!

Lesson Plan

Goal

To promote nutrition education, physical activity, and literacy with young children.

Objectives for Children

- The children will visually determine the difference between whole milk jugs and 1% milk jugs.
- The children will find hidden 1% milk jugs.
- The children will help shake a fruit milkshake and taste it.

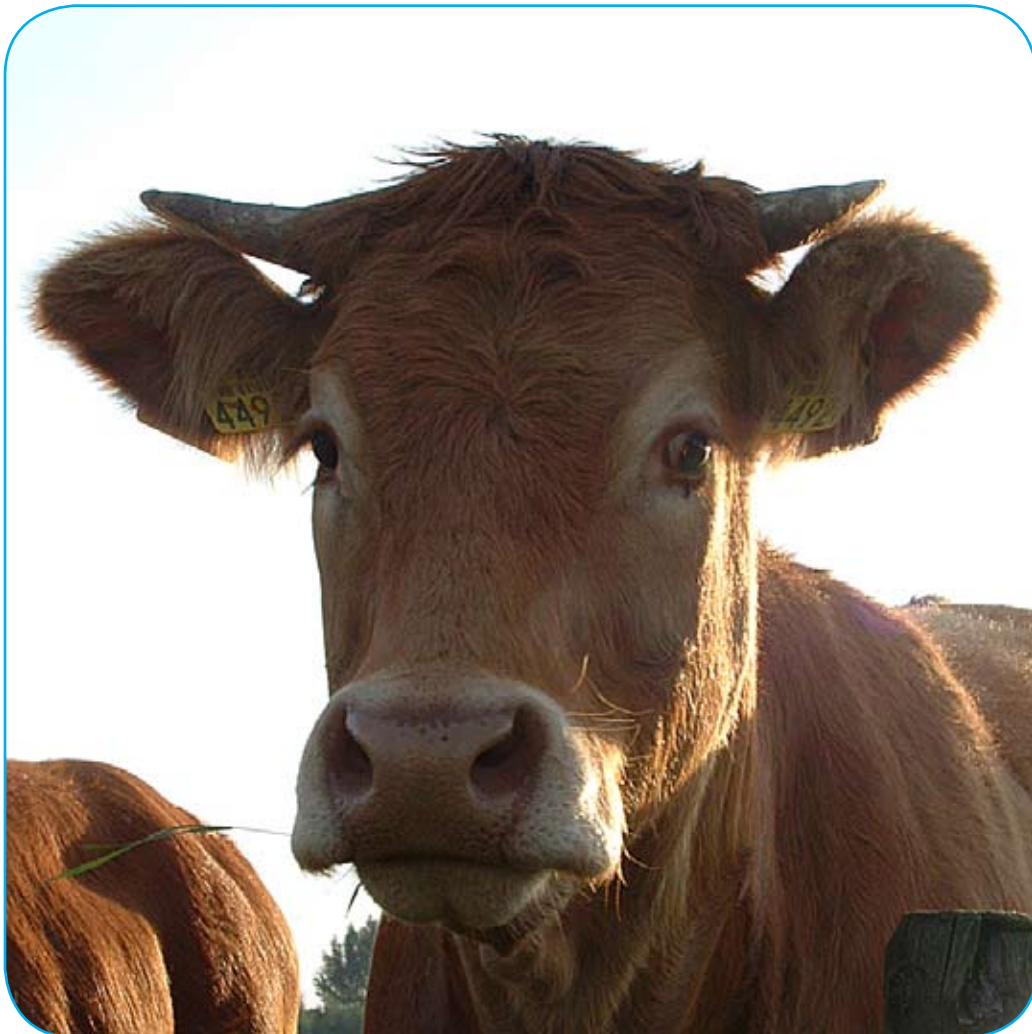
Objectives for Parents

- The parents will state that 1% milk is recommended for children over age 2.
- The parents will state the serving size of milk for a preschooler.
- The parents will state that they plan on purchasing 1% milk for their children.



Procedure

1. Wear your **Give Me 5 A Day!** apron, if you have one.
2. Have children sit “criss-cross applesauce” (crossed legged) in a circle with the teacher.
3. The teacher shows the children the cover of the book and says “What do you think this book is about?”
4. The teacher says, “This is a story about milk. Who knows where milk comes from? Yes, a cow. Today we are going to read a story about milk and which type of milk to buy at the store.”
5. The teacher reads the title of the book, “**Carlos and Clarice Mooove to Lowfat Milk**”. As the teacher is reading she encourages the children to participate in the activities in the book.
6. The teacher finishes the story and goes back to the first page and encourages the children to find the hidden milk jugs.



Exploring Activity

The teacher then says: “What type of milk did Carlos say to drink? That’s right, 1% milk. 1% milk keeps our heart healthy and is good for our bones and teeth.” The teacher then shows the children a 1% milk jug and a whole milk jug. The teacher then asks the children:

“Which jug is the 1% milk?”

“Which jug is the whole milk?”

“Which milk is the best for preschool children to drink?”

Hide the 1% Milk Jug Game

The teacher says, “We are going to play a game called Hide the 1% Milk Jug. Show the children the pictures of the 1% lowfat milk jug and the whole milk jug. Ask the children which picture has the “1” on it. Ask them which milk their mom’s should buy at the store. Then tell the children that you are going to hide the milk cartons under the pictures of Carlos. Ask them to shut their eyes (they will probably peek). Let the children take turns lifting up Carlos and looking for the milk with the “1” on it. Reinforce to them that they want to buy the milk with a “1” on it at the store. Note: do not use the word percent (%) as this may confuse the children. The teacher asks all the children to say “**Mooove to Lowfat Milk**” at the end of the game.

Share Time with Parents

Share time is when you share nutrition information from the story with the parents while the children are working on their craft project. Keep the tone conversational. The nutritionist should be listening more and the parents should be doing most of the talking. For more information on facilitated dialogues, go to:

www.nal.usda.gov/wicworks/Sharing_Center/statedev-nutritioneducation.html

Lead out with a question such as “How do you feel about giving your children 1% milk?” During the discussion try to include the following points:

- Show parents the milk board with test tubes. Show them how much fat is in the test tube for whole milk and 2% (reduced fat) milk. Stress that there isn’t much difference between these two but look at the difference between the whole milk and 1% lowfat milk. And then compare whole milk to fat free milk.
- Share with parents that most pediatricians recommend children switch to 1% milk at age two.
- Share with parents that children’s taste preferences are developing now. Start your child out on 1% milk now and it will be a lot easier than trying to switch from whole milk to 1% when your child is older.
- Show the parents a serving size of milk for a preschool child.
- Remind parents that the most important thing they can do to help their children learn to read is to read to them.
- Ask parents to complete the goal setting question (attachment 4).
- Give each parent a copy of the Carlos and Clarice book and or handout (see attachment 5).

Extending and Reinforcing Activities (Optional)

ow Puppet (see attachment 2)

- Encourage children to play with the puppet after it is made and say, “**Mooove to Lowfat Milk**”.

ruit Milkshake (see attachment 3)/Movement Time

- The teacher then says, “We are going to make our own fruit milkshake with 1% milk and orange juice. You can help me shake it up. Pour milk and orange juice into large container with ice and then put the lid on tight.”
- The teacher says, “First I want to teach you a song.”
- Sing the following song to the tune of Raffi’s “Shake, Shake, Shake Your Sillies Out.”
“Shake, shake, shake your milkshake up,”
“Shake, shake, shake your milkshake up,”
“Shake, shake, shake your milkshake up,”
“And drink it all down today!”
- The teacher then shows the children how to shake the milkshake and pass it around so each child has a turn.
- The teacher then says, “Let’s sing the song while we shake up the milkshake.”
- The teacher pours a small amount of the milkshake for each child (and parent).

Materials Needed for Lesson Plan

- **Carlos and Clarice Mooove to Lowfat Milk** book by Kathy Reeves, Mary Stickney and Diane Bowden (may be printed out from the following website: www.doh.state.fl.us/family/wic/index.html)
- 3 laminated pictures of Carlos, 1 laminated picture of whole milk, 2 laminated pictures of 1% lowfat milk (see attachment 1)
- Milk board with test tubes www.doh.state.fl.us/family/wic/index.html
- Parent Handouts
 - Mooove to Lowfat or Fat Free Milk flyer www.doh.state.fl.us/family/mooove/milk.html
 - Developmental Milestones of Early Literacy www.reachoutandread.org/resource_develop.html
 - Recipe (see attachment 3)
 - Goal setting (see attachment 4)

Materials Needed for Optional Reinforcing Activities

- **Cow Puppets (see attachment 2)**
 - White paper bags
 - Picture of cow face and cow hands and legs and tongue
 - Mooove to lowfat milk label
 - Black crayon
 - Red crayon
 - Glue stick
- **Fruit Milkshake (see attachment 3)**
 - 1% milk - 2 cups
 - Orange juice - 2 cups
 - Large plastic container with lid
 - Ice
 - Very small paper cups
- **Movement Time - Give Me Five A Day! Music Compact Disc (CD)**
 - Play a song from the **Give Me Five A Day!** CD with the children. Have children dance and move to the music.

unshine Standards

Health Literacy

Standard 1:

- The student comprehends concepts that relate to health promotion and disease prevention. (HE.A.1.1)
- The student understands positive health behaviors that enhance wellness.
- The student classifies food and food combinations according to the My Pyramid.

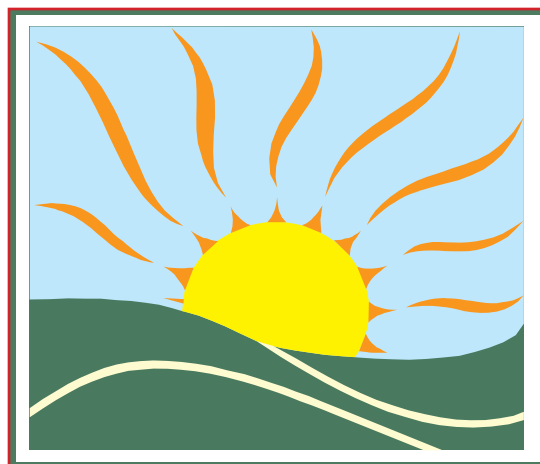
Standard 2:

- The student knows how to access valid health information and health-promoting products and services. (HE.A.2.1)
- The student knows sources of health information (e.g., people, place and products) and how to locate them.

Responsible Health Behavior

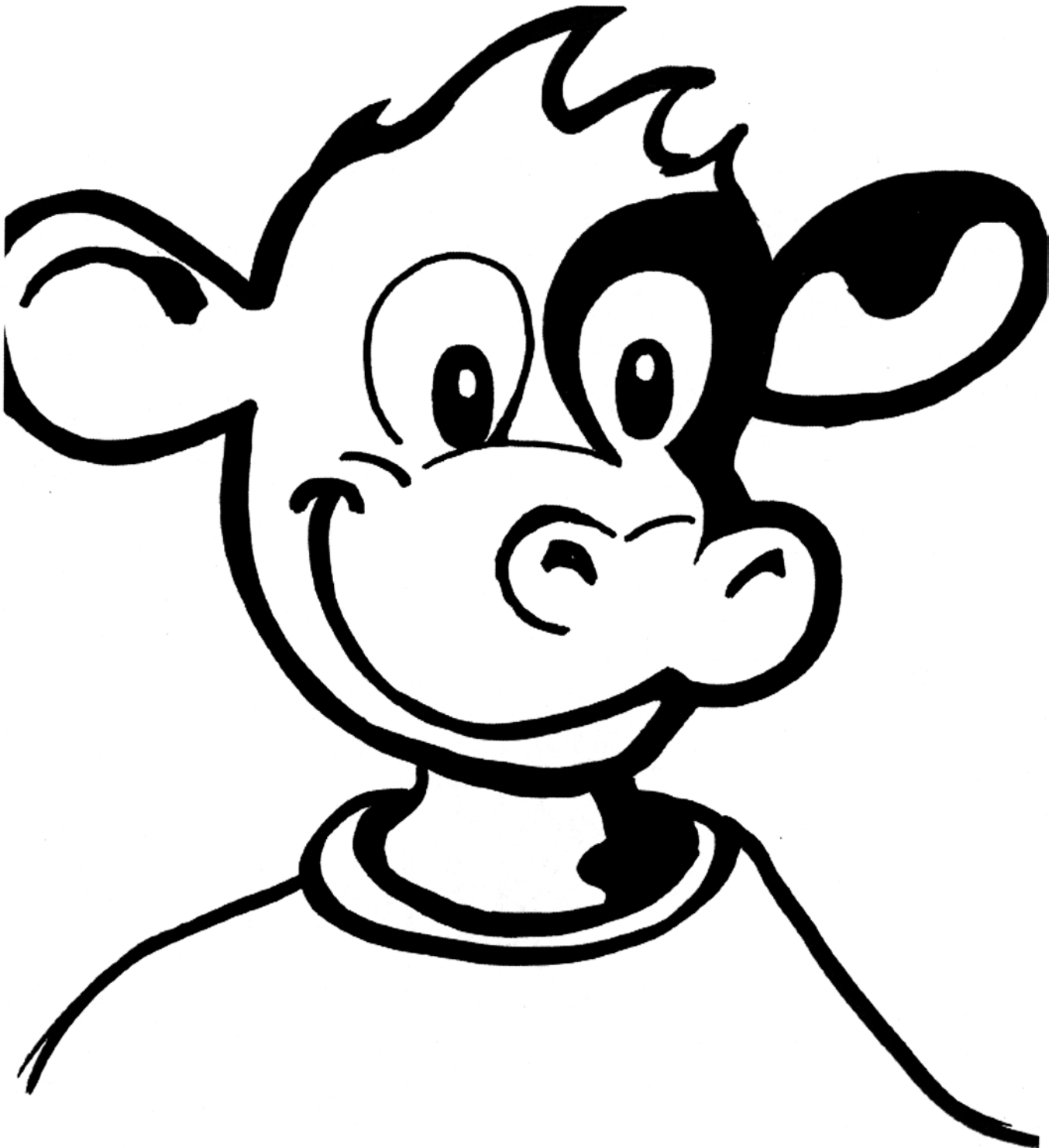
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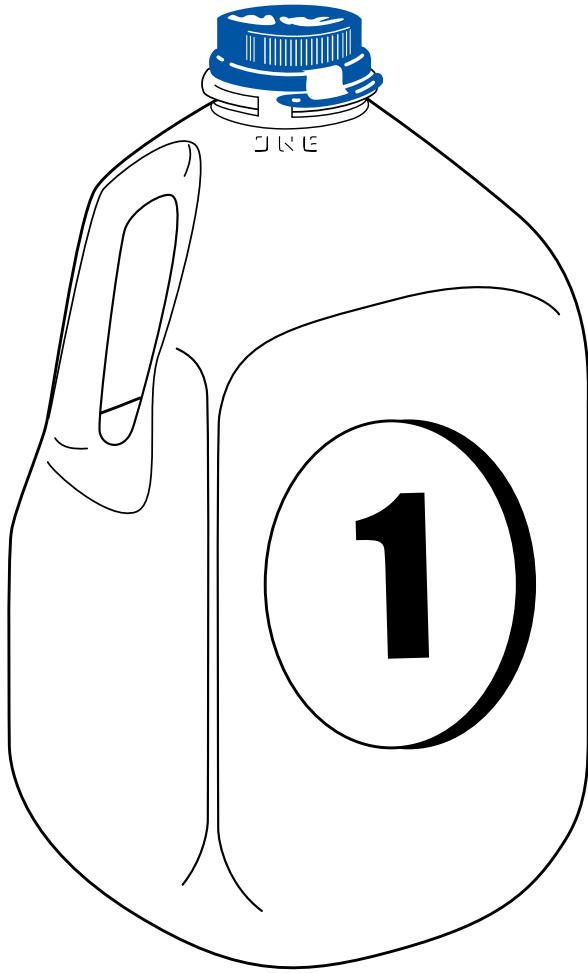
- The student knows health-enhancing behaviors and how to reduce health risks. (HE.B.1.1)
- The student knows and practices good personal health habits.



Attachment 1

Pictures of Carlos, 1% lowfat milk, and whole milk





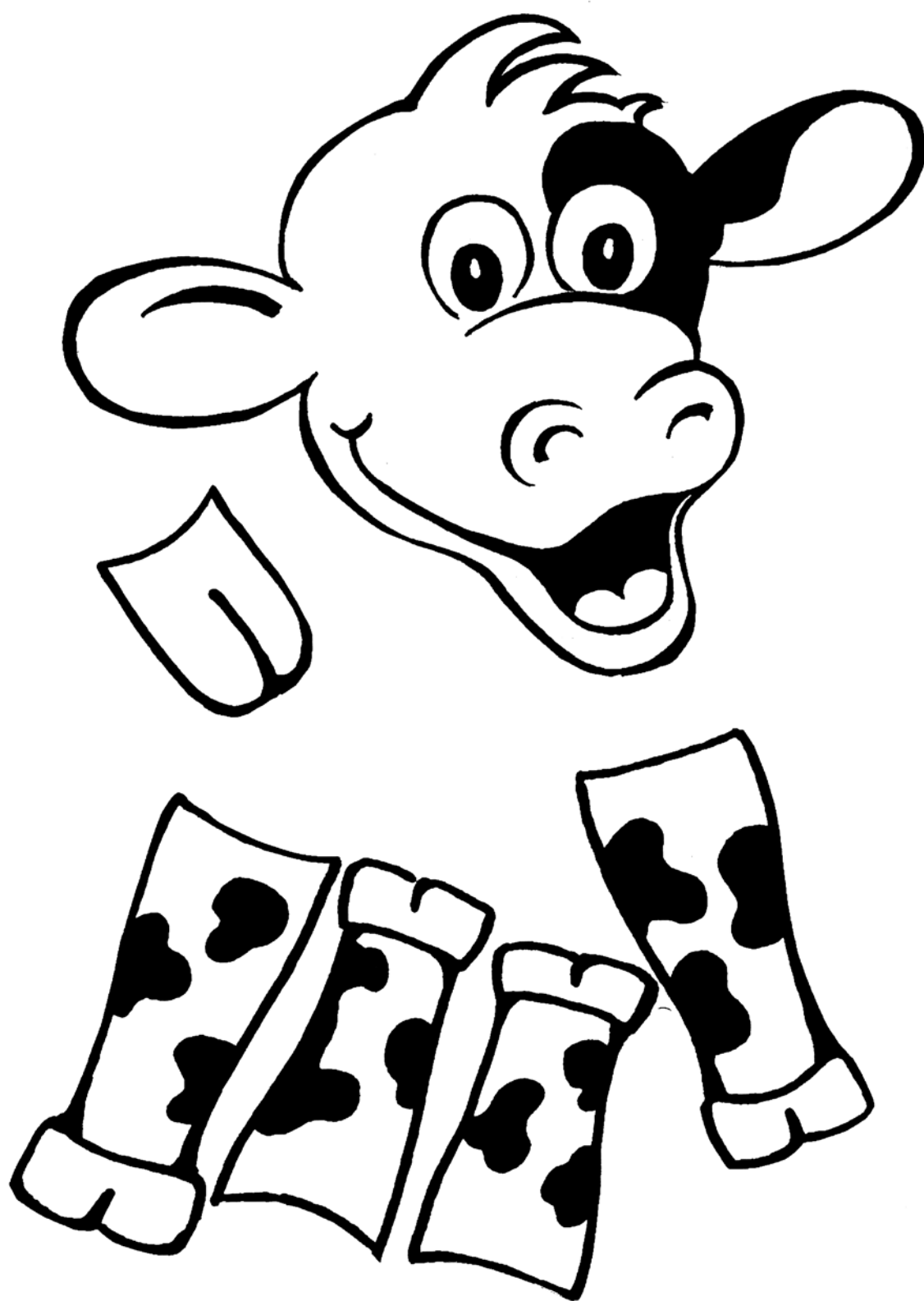
Attachment 2

Cow Puppet

You will need the following:

- White paper bag
- Cow head
- Cow legs and arms
- Tongue
- “MOOOOVE to Lowfat Milk” label
- Black crayon
- Red crayon
- Glue stick

1. Have the child color the legs and arms with black crayon. Ask the parent to cut out the legs and arms.
2. Ask the parent to cut out the cow face.
3. Have the child color tongue red and ask the parent to cut this out.
4. Have child color black spots on the white bag.
5. Have parent help child glue face, tongue, arms, and legs in place.
6. Have parent help child glue “**MOOOOVE to Lowfat Milk**” label on back of cow and have them read it to their child.



Mooove to Lowfat Milk Labels

Mooove to Lowfat Milk!

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Mooove to Lowfat Milk!

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Mooove to Lowfat Milk!

Attachment 3

Fruit Milkshake Recipe



Recipe for Fruit Milkshake

2 cups 1% lowfat milk
6 ounces of orange juice concentrate
Ice cubes

Place milk, orange juice concentrate, and ice cubes in container and shake. Or place ingredients in blender and blend until smooth.



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Attachment 4

Parent Goal Setting (English Version)

✂-----

What did you see or hear today that you think your child would like to do at home?

✂-----

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Attachment 4

Parent Goal Setting (Spanish Version)

✂-----

¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?

✂-----

¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?

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✂-----

¿Qué vió o escuchó usted hoy que usted cree que su niño puede hacer en la casa?

mooove to lowfat or fat free milk!

Milk is a **good source** of protein, calcium, and vitamins.

Milk is **important** for adults, teenagers and children.

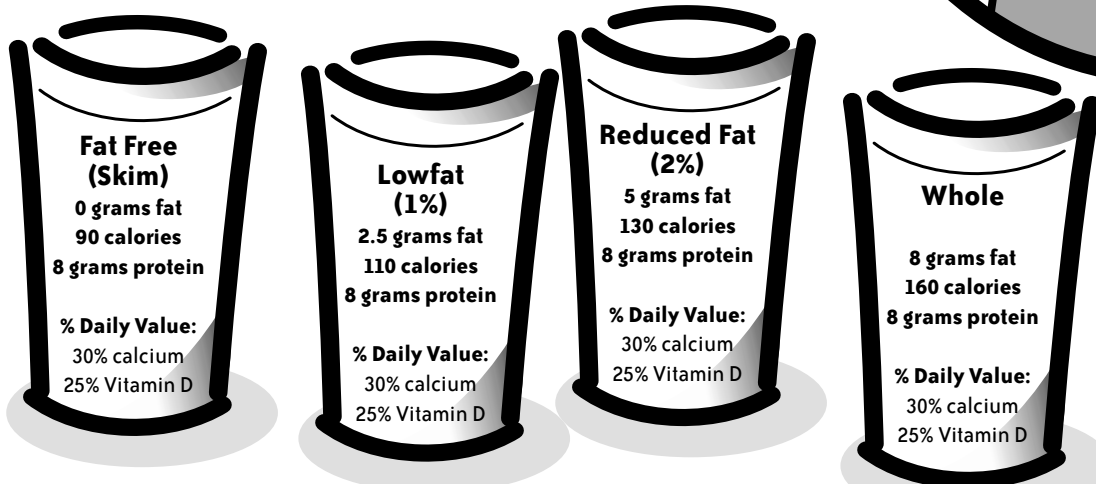
Choosing the right type of milk is important for you and your family:

- Breastfeeding is best for baby's first year or longer.
- For babies who are not breastfed, use iron fortified infant formula until 12 months of age.
- Use whole milk for children under the age of two.
- For adults and children two years and older, lowfat (also called 1%) and fat free milk (also called skim) are best!!

Lowfat and fat free milk have the same great nutrition as reduced fat and whole milk, just less fat and fewer calories.



Nutrition facts for 1 cup of milk:



¡muuuévete hacia la leche baja en grasa o sin grasa!

La leche es una **buena fuente** de proteína,
calcio y vitaminas.

La leche es **importante** para adultos,
adolescentes y niños.

Es importante **seleccionar el tipo de leche correcta para
usted y su familia:**

- La leche de pecho es la mejor para el bebé por lo menos durante el primer año de vida.
- Para bebés que no son alimentados con el pecho materno, debe usarse fórmula fortificada con hierro hasta que tengan 12 meses de edad.
- Use solamente leche entera para los niños menores de dos años.
- ¡Para adultos y niños de dos años y mayores, la leche baja en grasa (también conocida como 1%) y la leche sin grasa (también conocida como descremada) son las mejores!

Información nutritiva para 1 taza de leche:



La leche baja en grasa y la
leche sin grasa tienen la misma
nutrición que la leche entera y la
leche de grasa reducida, pero
tienen menos calorías.

